

THE

CrossFit

KITCHEN



MEXICAN MEATBALLS WITH CALABACITAS

By Nick Massie

Overview

This recipe from Nick Massie of [PaleoNick.com](http://paleonick.com) unites spiced meatballs made of grass-fed beef with a squash-based side dish for a delicious Mexican-style meal. Massie is the instructor for the newest CrossFit Specialty Course: [Culinary Ninja](#).

Ingredients for Meatballs

- 2 lb. grass-fed ground beef
- 2 c. onions, diced
- 1½ c. celery, diced
- ¾ c. green bell pepper, diced
- 2 eggs
- ½ c. cilantro, chopped
- ½ tsp. chipotle powder
- ½ tsp. cinnamon
- 4 tbsp. Super Radical Rib Rub

Ingredients for Calabacitas

- 6 c. zucchini, large dice
- 1 tbsp. olive oil
- 2 c. onions, large dice
- 2 tbsp. garlic, chopped
- 1½ c. poblano pepper, diced
- 1½ c. red bell pepper, diced
- ¾ c. green bell peppers, diced
- 4 c. tomato puree
- Kosher salt, to taste



Directions for Meatballs

1. In a large mixing bowl, combine 2 lb. ground beef, 1½ c. celery, 2 c. onions, ½ tsp. chipotle powder, ½ tsp. cinnamon, 2 eggs and 4 tbsp. Super Radical Rib Rub. Mix well until uniform.
2. Heat a cast-iron skillet over medium-high heat and add 1 tbsp. of olive oil. Using a 1-oz. portion-control scoop, scoop meatball mixture into the pan. Repeat the process until the mixture is gone and you've got a pan full of meatballs.
3. During cooking, turn the meatballs 3-4 times, with the goal of achieving nice caramelization on all sides and an internal temperature of 165 F.
4. When meatballs are done, pair with calabacitas for a killer meal.

Directions for Calabacitas

1. Heat a sauté pan over medium-high heat. Add olive oil and garlic and sauté until garlic is toasted.
2. Add onion and ½ tsp. chipotle powder. Stir.
3. Add 1½ c. red bell pepper, 1½ c. poblano pepper, ¾ c. green bell pepper and a pinch of kosher salt. Place a lid on the pot and cook for 3 minutes.
4. Add zucchini and another pinch of kosher salt. Replace the lid on the pot and cook 3 minutes longer.
5. Add mushrooms, stir to incorporate and cook for 3 additional minutes.
6. Fold in 4 c. tomato puree, bring to a simmer and the calabacitas are ready. Share with your friends and enjoy!